

# *The Leisure Connection*

*September-November 2006*



Adaptive Recreation provides recreational activities for youth and adults who have physical and/or mental disabilities. The specific activities are designed for individuals to function at their fullest potential when participating in activities developed with their special needs in mind. The focus of the programs is on the participants' ability.

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**Registration begins on August 22**  
**Register in person or by mail**

# GENERAL INFORMATION

## Adaptive Recreation Staff Adaptive Recreation Coordinator:

**Maria Auger**

Phone: (703) 771-5013

Cell: (571) 233-1729

Mauger@loudoun.gov

## Adaptive Recreation Specialists:

**Emily Nalls**

Phone: (703) 737-8837

Cell: (571) 233-0886

Enalls@loudoun.gov

**Amy Wilcox**

Phone: (703) 771-5010

Cell: (571) 233-0554

Awilcox@loudoun.gov

**Sarah Tinsley**

Phone: (703) 777-0438

Cell: (571) 233-3593

Stinsley@loudoun.gov

## Participant Levels

Each activity has participant levels assigned in order to assure those attending the activity are appropriate in order to maintain a safe environment and be beneficial to the participants. Please choose activities accordingly.

**Level I:** Participants with mild disabilities who require minimal supervision. Participants need to be self-sufficient in personal care.

**Level II:** Participants with mild to moderate disabilities who require minimal to moderate supervision. Participants may require minimal assistance with personal care.

**Level III:** Participants with moderate to severe/profound disabilities who require one-on-one staff assistance.

## ADA

Loudoun County Parks, Recreation, and Community Services is committed to complying with the Americans with Disabilities Act (ADA). If you need reasonable accommodations in order to participate, please call the appropriate Adaptive Recreation Specialist for that activity 10 days prior to the activity.

TTY#: 703-771-5352



## Financial Support

For qualifying families, financial support may be available. The major qualification for respite is an MR diagnosis. Please call MR services at 703-777-0377 and ask for Pam Compher. Limited scholarships are also available from the Special Recreation Advisory Board. Please contact Maria Auger at 703-771-5013 for details.

## Cancellation Policy

Adaptive Recreation will offer refunds if an activity is canceled due to insufficient registration or other reasonable causes. In the event of a cancellation, participants will be notified by Adaptive Recreation staff. If you need to cancel a registration, please call at least three business days prior to the date of the activity. Refund checks will be issued upon approval of the request. Contact the appropriate specialist for assistance listed with each activity.

## Advisory Boards

### Special Recreation Advisory Board, Inc.

Volunteer board members meet to discuss events, community awareness, fundraising and sponsorships. New members are invited.

Contact Maria Auger at 703-771-5013.

Meets the 2nd Tuesday of every month

Time: 6:00-7:00 PM

Location: PRCS office



Special Recreation Advisory  
Board

### Special Olympics Committee Meeting

This committee of amazing volunteers meets to support local Special Olympics programs in the areas of Public Relations, Outreach, Volunteer Coordination, and more. New members are always welcome.

Contact Sarah Tinsley at 703-777-0438.

Meets the 1st Monday of every month (tentatively)

Time: 6:00 PM

Location: Ashburn Library



### VSA arts of Virginia-Loudoun County Committee Meeting

This group of talented and dedicated volunteers meet to plan future visual and performing arts events, workshops, community awareness opportunities and fundraising. New members are welcome. VSA Arts strives to promote the creative power in people with disabilities.

Contact Emily Nalls at 703-737-8837.

Meets fourth Monday of every month

Time: 5:45-7:00 PM

Location: PRCS office



## SPARE TIME BOWLING

**(Ages 18 and up, Levels I, II, III)**

Relax on a Friday afternoon with two games of bowling! This program teaches the basics of the game, promotes socialization and community awareness. Please bring money for snacks. Contact Amy Wilcox.

**Fridays, September 1 & 22**

Location: Village Lanes, Leesburg

**Depart:**

1:15P from at-home **(+\$3.00)**

2:15P from ECHO

**Return:**

5:30P to NOVA **(+\$2.50)**

5:45P to at-home **(+\$3.00)**

Fees: \$12 + transportation

Activity # 141710-01 September 1

141710-02 September 22



## SOCIALIZERS:

### BOB EVANS

**(Ages 18 & up, Levels I, II, III)**

Hang out with friends and enjoy a good meal. Bring money to pay for your dinner. Contact Emily Nalls.

**Friday, September 8**

Location: Leesburg, VA

**Depart:**

5:00P from at-home **(+\$3.00)**

6:00P from DCC

**Return:**

8:00P to DCC

9:00P to at-home **(+\$3.00)**

Fees: \$5 + transportation

Activity # 141731-01



## MOVIE MADNESS

**(Ages 13 and up, Levels I, II, III)**

Join us for a Saturday matinee. We'll spend our free time browsing local shops and dining with friends. Please bring money for lunch and snacks. Contact Emily Nalls.

**Saturday, September 23**

Location: Regal Cinemas, Sterling

**Depart:**

10:00A from at-home **(+\$3.00)**

11:00A from DCC

11:30A from NOVA **(+\$2.50)**

**Return:**

5:00P to NOVA **(+\$2.50)**

5:30P to DCC

5:45P to at-home **(+\$3.00)**

Fees: \$14 + transportation

Activity # 141730-01

## MINIATURE GOLF

**(Ages 15 & up, Levels I, II)**

Come out and challenge some friends to a round of miniature golf. Bring money for Ledo's Pizza. Contact Emily Nalls.

**Tuesday, September 26**

Location: Dulles Golf Center and Sports Park

Sterling, VA

**Depart:**

5:00P from at-home **(+\$3.00)**

6:00P from DCC

**Return:**

9:00P to DCC

9:30P to at-home **(+\$3.00)**

Fees: \$14 + transportation

Activity # 141724-01





## SPARE TIME BOWLING

**(Ages 18 and up, Levels I, II, III)**

Relax on a Friday afternoon with two games of bowling! This program teaches the basics of the game, promotes socialization and community awareness. Please bring money for snacks. Contact Amy Wilcox.

**Fridays, October 6 & 20**

Location: Village Lanes, Leesburg

**Depart:**

1:15P from at-home **(+\$3.00)**

2:15P from ECHO

**Return:**

5:30P to NOVA **(+\$2.50)**

5:45P to at-home **(+\$3.00)**

Fee: \$12 + transportation

Activity # 141710-03 October 6

141710-04 October 20

## FALL FESTIVAL

**(Ages 13 & up, Level I)**

The day will be full of fun with a hayride to the pumpkin patch, a rope maze, fresh apple cider and much more. Please bring money for lunch and snacks. Contact Amy Wilcox.

**Saturday, October 7**

Location: Frederick, MD

**Depart:**

10:00A from DCC

10:15A from at-home **(+\$3.00)**

**Return:**

5:00P to DCC

5:15P to at-home **(+\$3.00)**

Fees: \$25 + transportation

Activity # 141732-01

## HOLD THE ANCHOVIES

**(Ages 13 & up, Levels I, II, III)**

Learn how to cook pizza with Ms. Betty. Contact Amy Wilcox.

**Friday, October 13**

Location: Lucketts Community Center

**Depart:**

2:15P from ECHO

2:30P from DCC

**Return:**

5:30P to DCC

5:45P to at-home **(+\$3.00)**

Fees: \$10 + transportation

Activity # 141726-01

## AIR SHOW

**(Ages 15 & up, Levels I, II)**

It's a bird, it's a plane! Watch high flying stunts at the Culpeper Air Show. Bring money for snacks. Contact Sarah Tinsley.

**Saturday, October 14**

Location: Culpeper, VA

**Depart:**

9:00A from DCC

**Return:**

2:00P to DCC

Fees: \$5

Activity # 141712-01



## THE MAIZE

**(Ages 15 & up, Levels I, II)**

Get lost in Northern Virginia's most famous corn maze. Bring money for a quick snack along the way. Contact Emily Nalls.

**Friday, October 13**

Location: Leesburg, VA

**Depart:**

4:00P from at-home **(+\$3.00)**

5:00P from DCC

**Return:**

9:00P from at-home **(+\$3.00)**

9:30P to DCC

Fees: \$14 + transportation

Activity # 141733-01



## MOVIE MADNESS

**(Ages 13 and up, Levels I, II, III)**

Join us for a Saturday matinee. We'll spend our free time browsing local shops and dining with friends. Please bring money for lunch and snacks. Contact Emily Nalls.

**Saturday, October 21**

Location: Regal Cinemas, Sterling

**Depart:**

10:00A from at-home **(+\$3.00)**

11:00A from DCC

11:30A from NOVA **(+\$2.50)**

**Return:**

5:00P to NOVA **(+\$2.50)**

5:30P to DCC

5:45P to at-home **(+\$3.00)**

Fees: \$14 + transportation

Activity # 141730-02

## PUMPKIN DECORATING

**(Ages 3-12, Levels I, II, III)**

Let's see how creative you can be with pumpkins and candy! We will be decorating all night! Supplies will be provided. Contact Emily Nalls.

**Friday, October 27**

Location: Senior Center, PRCS Building

**No transportation provided**

5:00P-7:30P

Fees: \$10

Activity # 141735-01



## SPARE TIME BOWLING

**(Ages 18 and up, Levels I, II, III)**

Relax on a Friday afternoon with two games of bowling! This program teaches the basics of the game, promotes socialization and community awareness. Please bring money for snacks. Contact Amy Wilcox.

**Fridays, November 3 & 17**

Location: Village Lanes, Leesburg

**Depart:**

1:15P from at-home **(+\$3.00)**

2:15P from ECHO

**Return:**

5:30P to NOVA **(+\$2.50)**

5:45P to at-home **(+\$3.00)**

Fee: \$12 + transportation

Activity # 141710-05 November 3

141710-06 November 17

## REDSKINS FOOTBALL

**(Ages 18 & up, Levels I, II, III)**

Watch the Redskins take on the Cowboys on the big screen at Champions in Leesburg. Bring money for dinner. Contact Emily Nalls.

**Sunday, November 5**

Location: Leesburg, VA

**Depart:**

11:00A from DCC

12:30P from at-home **(+\$3.00)**

**Return:**

4:30P to DCC

5:00P from at-home **(+\$3.00)**

Fees: \$5 + transportation

Activity # 141734-01



## MOVIE MADNESS

**(Ages 13 and up, Levels I, II, III)**

Join us for a Saturday matinee. We'll spend our free time browsing local shops and dining with friends. Please bring money for lunch and snacks. Contact Emily Nalls.

**Saturday, November 11**

Location: Regal Cinemas, Sterling

**Depart:**

10:00A from at-home **(+\$3.00)**

11:00A from DCC

11:30A from NOVA **(+\$2.50)**

**Return:**

5:00P to NOVA **(+\$2.50)**

5:30P to DCC

5:45P to at-home **(+\$3.00)**

Fees: \$14 + transportation

Activity # 141730-03

## THANKSGIVING CRAFTS

**(Ages 6-12, Levels I, II, III)**

Be creative with some new ideas for Thanksgiving themed craft projects. Supplies will be provided. Contact Emily Nalls.

**Friday, November 17**

Location: Senior Center, PRCS Building

**No transportation provided**

5:00P-7:30P

Fees: \$10

Activity # 141427-01

## CINDERELLA

**(Ages 13 & up, Levels I, II)**

Will Prince Charming get his princess? Watch this classic fairytale come to life. Contact Sarah Tinsley.

**Saturday November 18**

Location: Olney Theater, Olney, MD

**Depart:**

12:00P from DCC

**Return:**

5:00P to DCC

Fees: \$50

Activity # 141719-01

## SCHOOL'S OUT CAMP



School is out, but the fun's not!!

Come experience two exciting days of Adaptive Recreation camp held during school holidays! There will be fun and games all day while the parents still have to work! Come see what we can create during these two days of imagination provoking activities. We will have theme based fun and games in a camp setting. Contact Emily Nalls.

**Camp is for ages 5-13 only**

Monday and Tuesday

November 6 & 7

Site to be determined

9:00A-4:00P

Fees: \$60

Activity # 141736-01



# GREAT A.R. CAMP OUT



A weekend of adventure camping at Prince William Forest Park. We will spend two nights in beautiful log cabins, take nature hikes, tell campfire stories, cook over the camp fire with Betty, Lowell, and Joanne, and much more! Contact Amy Wilcox.

**Ages 18 and up, LEVEL I and II ONLY**

September 15-17

Depart DCC September 15 at 2:00P

Return DCC September 17 at 3:00P

Celebrate Halloween at Stephenie Doyle's house! Wear your scariest, wackiest, or coolest costume and dance the night away with a ghoulish DJ. A bar-b-que dinner and lots of treats will be served. Contact Amy Wilcox.

**ALL AGES AND LEVELS WELCOME**

Saturday, October 28

Depart DCC 4:00P

Return DCC 9:00P

FREE ACTIVITY SPONSORED BY SRAB

Activity # 141725-01



# HALLOWEEN PARTY



# Special Olympics & VSA



## SPECIAL OLYMPICS SPORTS Ages 8 & up Fall Season

**Equestrian** Begins August 27th  
Practices on Sundays between 12-4:30 PM  
Lynden Farms, Purcellville, VA  
Contact Amy Wilcox 703-771-5010

**Unified Partner Golf** Begins July 19th  
Practices on Wednesdays 5-6:30 PM  
River Creek Club, Leesburg, VA  
Contact Jim Mahood at jam420@adelphia.net

**Unified Team Bowling** Begins September 10  
Practices on Sundays 12-3 PM  
Village Lanes, Leesburg, VA  
Contact Gary and Linda Bucy 703-430-7384

**Volleyball** Begins August 30th  
Practices Wednesdays 6:30-8 PM  
Heritage High School, Leesburg, VA  
Contact Stephenie Doyle 540-454-6831 or  
Joy Lewis 703-727-5241

**Soccer** Begins August 29th  
Practices Tuesdays and Thursdays 6:15-7:15 PM  
Dominion High School, Sterling, VA  
Contact Michele Steinbach 703-406-8887

Athletes who are currently registered with Special Olympics will receive registration information by mail. If you would like to join Special Olympics Loudoun and be added to the list, please contact Sarah Tinsley at 703-777-0438 or [stinsley@loudoun.gov](mailto:stinsley@loudoun.gov).

Athletes must have a valid application for participation on file to participate. Please Contact Sarah Tinsley, Special Olympics Coordinator at 703-777-0438 for more information.

**Check out our new website for upcoming events, contact information, and download forms!**  
[www.loudounspecialolympics.org](http://www.loudounspecialolympics.org)



## VSA Arts Da Vinci (All Ages, Levels I, II, III)

Come experience the life of a professional artist. You will have the opportunity to get your creative juices flowing in a real art studio and display your work in a local art gallery. Participants will have the expertise of an art instructor in this drop-in program. Pay fee to instructor. Fee covers supplies for a variety of art mediums. Please contact Pam Oliver at 540-338-7973 if interested in participating.

**Round Hill Arts Center**  
**DROP-IN \$10 per session**  
Every Tuesday & Thursday 10:00A-11:00A

Please contact the Round Hill Arts Center at 540-338-7973 for more information.

## VSA Workshops

### Clown Workshop

September 28, October 3, 5, 10, and 11  
5:45pm to 7:30pm

Multipurpose Room, 1st floor of the PRCS Building

In preparation for performances at Leesburg First Friday on October 6 and the National Down Syndrome Society's Buddy Walk on October 14 in Fairfax, VA (and more performances in the future!), we will be creating clown characters and skits. Ages 6 to Adult. If you've always wanted to run away and join the circus, this is the workshop for you!

### Japanese Character Building

(including masks and puppet making)

October 19 and 26

5:45pm to 7:30pm

Round Hill Center

In preparation for our Japanese Fairy Tales musical play in March, we will work on developing Japanese characters with masks and through puppet building.

### Auditions for Japanese Fairy Tales

November 1 and 2

5:45pm to 7:30pm

Round Hill Center

Audition for our 2007 original musical production of Japanese Fairy Tales.

Rehearsals will be Tuesday and Thursday evenings 5:45pm to 7:30pm December through February with performances the first two weekends in March. Do you sing, dance, or just like to be on stage? Come join us!

Contact Lissa Cobetto for more information and registration:

540-338-7973

or email: [lcobetto@loudoun.gov](mailto:lcobetto@loudoun.gov)

# Adaptive Recreation

## SEPTEMBER 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1  Spare Time Bowling	2
3	4	5	6	7	8  Socializers: Bob Evans	9
10	11	12  SRAB Board Meeting	13	14	15  Great A.R. Camp Out	16  Great A.R. Camp Out
17	18  Special Olympics Board Meeting	19	20	21	22  Spare Time Bowling	23  Movie Madness
24	25  VSA Board Meeting	26  Miniature Golf	27	28  VSA Clown Workshop	29	30



# Adaptive Recreation

## OCTOBER 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 Special Olympics Board Meeting	3 VSA Clown Workshop	4	5 VSA Clown Workshop	6 Spare Time Bowling	7 Fall Festival
8	9	10 SRAB Board Meeting  VSA Clown Workshop	11 VSA Clown Workshop	12	13 Hold the Ancho- vies  The Maize	14 Air Show
15	16	17	18	19 VSA Japanese Character Build- ing Workshop	20 Spare Time Bowling	21 Movie Madness
22	23 VSA Board Meeting	24	25	26 VSA Japanese Character Build- ing Workshop	27 Pumpkin Deco- rating	28 Halloween Party
29	30	31				

# Adaptive Recreation

## NOVEMBER 2006

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 VSA Auditions	2 VSA Auditions	3 Spare Time Bowling	4
5 Redskins Foot- ball	6 School's Out Camp Special Olympics Board Meeting	7 School's Out Camp	8	9	10	11 Movie Madness
12	13	14 SRAB Board Meeting	15	16	17 Spare Time Bowling Thanksgiving crafts	18 Cinderella
19	20	21	22	23	24	25
26	27 VSA Board Meeting	28	29	30		